

Chris Kresser

LET'S TAKE BACK YOUR HEALTH—*Starting Now.*

the BETTER THAN PALEO *cookbook*

1 WEEK OF INSPIRED, PALEO-FRIENDLY MEALS OUR ANCESTORS COULD ONLY DREAM OF EATING



Table of Contents

Breakfast	4
Lunch	16
Dinner	32
Side Dishes	48
Snacks	60
Desserts	68
Basics	74



Akoori (Parsi Scrambled Eggs) with Shrimp 6
Plantain and Sausage Hash 8
Blueberry and Macadamia Smoothie 9
Curried Celeriac and Eggs 10
Lebanese Cauliflower Omelet (Ijjit Qarnabit) 11
Broccoli Pesto Frittata 12
Avocado and Pineapple Smoothie 13

Breakfast



Akoori (Parsi Scrambled Eggs) with Shrimp

preparation **5** minutes | *cooking* **10** minutes | *servings* **4**

This is a bold and spicy way to start off the day. Scrambled eggs taste best when they're still a bit moist, so avoid overcooking.

8 eggs (preferably free-range, organic)
1 1/2 cups shrimp, cooked and peeled
3/4 teaspoon salt
3 Tablespoons coconut milk
2 Tablespoons lard*
6 green onions, chopped
3 green chili peppers, seeded and chopped
1 teaspoon fresh ginger, grated
1/4 teaspoon turmeric
3 Tablespoons cilantro, chopped
2 tomatoes, diced
1/4 teaspoon cumin
cilantro leaves, for garnish

Beat eggs with coconut milk and salt. Set aside.

Heat lard in a sauté pan. Add green onions, chilies, and ginger, and cook at a medium heat until soft. Add turmeric, chopped cilantro, tomatoes, cumin, and sauté for 2 minutes.

Reduce heat to low and add the egg/shrimp mixture, using a wooden spoon to gently scrape from the bottom of the pan. Cook slowly until the eggs set. While still creamy and moist, turn out the scrambled eggs onto a serving dish and garnish with a few cilantro leaves.

* see recipe on page 77

PALEO TIP: *traditional fats*

Throughout this cookbook, you'll notice many of the recipes call for some fats that you may have never used, or allow you to choose any "traditional fat" you'd like. But what is a traditional fat? In Paleo-style cooking, there are certain fats that are more desirable than others based on their healthfulness. These fats are those that were commonly used by our ancestors up until recently, when saturated fats got a bad reputation in the nutrition world. Yet these fats, particularly from healthy animals, are some of the best fats you can eat!

So what fats are we talking about when we say "traditional fats"? Some examples include:

- Lard
- Tallow
- Coconut Oil
- Ghee (clarified butter)
- Olive Oil
- Macadamia Nut Oil

Solid fats like lard, tallow, and coconut oil are best for cooking at high temperatures due to their high smoke point and heat stability, whereas liquid oils like olive oil or macadamia nut oil are best used in cold preparation, such as salad dressing or homemade mayo.

We recommend using a variety of traditional fats to reap the different nutritional benefits of each type, but you may want to choose two or three to keep on hand in your kitchen at all times for easy use in cooking. For example, you might have lard, coconut oil, and olive oil for a good variety of different fat types that go well with different dishes and cuisines.





Plantain and Sausage Hash

preparation **5** minutes | *cooking* **20** minutes | *servings* **2**

1 Tablespoon lard*

1/2 pound ground sausage meat (preferably organic, no additives)

1 large onion, peeled, cut in half, and thinly sliced

4 large green plantains, peeled and shredded

1 large garlic clove, crushed

1/2 teaspoon cumin seeds, crushed

1/2 teaspoon coriander seeds, crushed

sea salt, to taste

fresh ground black pepper

cilantro, chopped to garnish

Plantains are a good substitute for potatoes and can be cooked in many of the same ways. Always use green, hard plantains for cooking. If the plantains are ripe, their starch has been converted to sugar—the opposite of new potatoes.

Heat lard in a sauté pan over medium-high heat. Then add sausage and onion and cook until sausage is browned, about 10 minutes. Add shredded plantains and cook slightly.

Add garlic, cumin, and coriander and cook until the plantains are soft, about 10 more minutes. Season with sea salt and pepper to taste and serve garnished with cilantro.

* see recipe on page 77

Blueberry and Macadamia Smoothie

preparation **5** minutes | *servings* **1**

1 cup of blueberries, fresh or frozen

1/2 cup of macadamia nuts, preferably soaked for 8 hours

1 cup almond milk

1/2 cup coconut milk

1 egg yolk (optional, preferably free-range and organic)

You can't do any better than a smoothie for a quick, easy, and nutritious breakfast. Add this one to your regular line-up.

Purée all ingredients in a blender until smooth. If the smoothie is thicker than desired, add additional almond or coconut milk.



TECHNIQUE TIP: *soaking nuts*

Nuts contain antinutrients like phytic acid and high amounts of enzyme inhibitors. These enzymes are useful to seeds and nuts because it prevents them from sprouting prematurely. But they can also make nuts and seeds extremely hard to digest, by preventing the action of digestive enzymes. Soaking your nuts in warm water overnight will neutralize these enzyme inhibitors, and also help encourage the production of beneficial enzymes. These enzymes, in turn, increase the bioavailability of many vitamins, especially B vitamins. It also makes these nuts much easier to digest and the nutrients more easily absorbed. You can dry your nuts using a dehydrator, or put them in the oven at the lowest temperature setting for 6-8 hours or until dry, to have crispy nuts for snacks or to use in recipes. You may find that these soaked and dried nuts are far easier to digest than the ones you were eating before!



Curried Celeriac and Eggs

3 Tablespoons traditional fat of choice
1 onion, chopped
1 Tablespoon garlic, minced
1 Tablespoon ginger, minced
2 teaspoons garam masala
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon cayenne
1 teaspoon sea salt
2 pounds celeriac, peeled and cut into 1/2-inch cubes
1 1/2 cups tomato purée
1 to 2 cups chicken stock*
8 eggs (preferably free-range, organic)
1/4 cup cilantro, chopped for garnish

preparation **5** minutes | *cooking* **20** minutes | *servings* **4**

What if huevos rancheros took a trip to India? They'd probably taste a lot like the spicy eggs in this recipe. If you like a milder taste, just tone down the chili powder and cayenne. This dish is excellent on its own, or can be served with sausage, bacon, or any leftover meat.

Heat 1 Tablespoon of fat in a pot over medium-low heat. Add the onion and cook for 6-8 minutes, until it begins to soften. Add the garlic and ginger, stir in well, and cook for 1 minute more. Stir in the ground spices: garam masala, cumin, chili powder, cayenne, and the salt. Add the celeriac, tomato purée, and stock. Stir well, cover, and cook at a gentle simmer for 10 minutes or until the celeriac is tender.

Stir frequently to prevent it sticking to the bottom of the pan, and add additional stock if the sauce begins to dry out too much.

Meanwhile, in a large skillet, heat the remaining 2 Tablespoons of fat over medium heat. Fry the first 4 eggs; remove with a spatula and fry the second batch. To serve, plate up a large spoonful of celeriac and top with 2 eggs. Sprinkle with fresh cilantro.

* see recipe on page 78

INGREDIENT TIP: *where to find spices*

Spices, like any ingredient, should be purchased fresh from a reliable source. A vendor (either a local store or online retailer) that only sells spices will have the best variety, and you can typically purchase any quantity you need. Whole spices are preferable, as they can retain their flavors for two or three years, but if you buy ground spices, look for a store that grinds them fresh. Many of these spice stores also sell online. Ethnic grocery stores are also great sources for spices and are typically inexpensive. You can also buy high quality spices from a store like WholeFoods, where you can get organic spices that are free of MSG, preservatives, and other additives.



Lebanese Cauliflower Omelet (Ijjit Qarnabit)

5 eggs (preferably free-range, organic)
1 Tablespoon traditional fat of choice
3/4 cup coconut milk
1/8 teaspoon cinnamon
2 cups raw cauliflower, grated
1/3 cup onion, finely chopped
2 green onions, finely chopped
1/2 cup parsley, chopped
sea salt and fresh ground black pepper, to taste

preparation **10** minutes | *cooking* **15-20** minutes | *servings* **2-3**

A hint of cinnamon gives this simple oven-baked omelet an exotic twist.

Preheat oven to 350 degrees. Melt fat in baking dish in the oven. Meanwhile, beat eggs and coconut milk together thoroughly. Add remaining ingredients and mix well. When fat has melted, pour egg mixture into hot dish and bake for 15-20 minutes until firm. Cut into squares and garnish with chopped parsley and green onions.

Broccoli Pesto Frittata

preparation **10** minutes | *cooking* **30** minutes | *servings* **4**

Pesto adds a depth of flavor and fantastic aroma to this frittata.

1 cup packed fresh basil leaves
1 small clove garlic, smashed
1/4 cup olive oil
3 Tablespoons pine nuts
1/8 teaspoon sea salt
2 teaspoons traditional fat of choice
1 cup yellow or red onion, coarsely chopped
4 cups broccoli florets, finely chopped
8 eggs (preferably free-range, organic)
1 teaspoon sea salt
freshly ground black pepper, to taste

Make the pesto by combining the basil leaves, garlic, pine nuts, and salt in a food processor, blender, or mortar and pestle. Pulse or grind until well-mixed, then gradually add oil in a steady stream until smooth.

Preheat the oven to 375 degrees. In an oven-safe skillet, heat the 2 teaspoons fat over medium heat. Cook the onion 5-10 minutes, until softened. Meanwhile, steam or boil the broccoli for 4 minutes, drain, and add it to skillet with the onions. Turn off the heat.



Beat 4 of the eggs with 1/2 teaspoon salt and a couple of grinds of black pepper. Pour egg mixture over the onions and broccoli in the skillet. Spoon 6 Tablespoons of pesto evenly around the skillet. Beat the remaining 4 eggs with remaining salt and more pepper. Top the contents of the skillet with the 4 eggs.

Bake the frittata for 20 minutes, then place skillet under broiler for about 2 minutes until top of frittata is nicely browned. Allow frittata to cool, slice into pieces in pan, and serve, topped with the remaining pesto drizzled over each slice.

Avocado and Pineapple Smoothie

preparation **5** minutes | *servings* **1**

1 large, ripe avocado, peeled, pitted, and coarsely chopped
1 1/2 cups pineapple chunks, fresh or frozen
1 egg yolk (preferably free-range, organic)
1 cup coconut milk
2 teaspoons lime juice
2 ice cubes (can be eliminated if using frozen pineapple)

If you need an extra energy boost, add a scoop of whey protein powder.

Purée all ingredients (except ice cubes) in a blender until smooth. Add ice cubes if desired.

Note: This recipe calls for a raw egg yolk from a pastured chicken. The risk of salmonella infection from raw pastured yolks is very small, but if you're concerned about it you can omit the egg yolk. Do not use a raw egg yolk from commercially raised eggs sold in the supermarket.



INGREDIENT TIP: *how to know when an avocado is ripe*

Give the avocado a soft squeeze, and its flesh should yield to moderate pressure. If it feels hard, the avocado is underripe. You can also flick the small brown stem on the top of the avocado. If it comes off easily and you can see green underneath it, the avocado is ripe! If the stem doesn't come off, the avocado is unripe. If the stem comes off and it's brown underneath, the avocado is overripe.



Creamy Chicken Stew

preparation **10** minutes | *cooking* **30** minutes | *servings* **4**

- 1 Tablespoon traditional fat of choice
- 1 yellow onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 4 cloves garlic, minced
- 3 cups chicken stock*
- cooked meat from 2 large boneless, skinless chicken breasts, coarsely chopped
- 1/2 teaspoon sage
- 1/2 teaspoon dried thyme
- 1/4 teaspoon sea salt, to taste
- white pepper, to taste
- 1/2 to 1 cup coconut milk

This stew is quickly prepared if you have cooked chicken breasts on hand. Make it the night before and it'll be ready for breakfast.

Heat fat in a soup pot over medium heat. Add onion, and cook while stirring for about 5 minutes. Add carrots and stir for a few minutes before adding celery. Cook for 5 more minutes. Stir in minced garlic, and allow to cook for 1 minute more. Add in stock, chopped chicken, sage, thyme, salt, and pepper.

Since all ingredients are already cooked, the soup is done as soon as it's completely heated through. Stir a few times as it continues to heat up, then stir in coconut milk and serve. If you would like a creamier soup, increase coconut milk to 1 cup.

*see recipe on page 78

Stuffed Eggplant Turkish Style (Imam Bayildi)

preparation **30** minutes | *cooking* **30** minutes | *servings* **2**

- 1 large eggplant, stem on
- coarse salt (to rub into eggplant)
- 2 Tablespoons traditional fat of choice
- 1 medium onion, peeled, cut in half lengthwise, and thinly
- 2 garlic cloves, chopped
- 2 tomatoes, seeded and chopped
- 1/4 teaspoon sea salt
- freshly ground black pepper, to taste
- pinch of cinnamon (optional)
- juice of 1/2 lemon
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons fresh parsley, chopped for garnish

This famous Turkish dish can be prepared several days in advance and served at room temperature. The cinnamon is optional, but we like to add it for an interesting twist.

Slice eggplant in half lengthwise, rub each half with coarse salt, and place in a colander, cut side down, for 30 minutes. Preheat oven to 350 degrees. Rinse salt off of eggplant and pat dry. Brush cut side with 1 Tablespoon of the fat, place in a roasting pan cut side up, and bake for 20 minutes, or until the contents of eggplant can be scooped out with a spoon.

Meanwhile, in a sauté pan, add remainder of fat and onions and cook at a medium heat until onions are soft, but not browned. Add garlic, tomatoes, salt, pepper, and cinnamon (if using), and continue to cook for 10 minutes. Turn off heat. Scoop contents of eggplant out (being careful not to break the skin), stir into the sauté pan with onion and tomato mixture, and add olive oil. Fill the eggplant halves with the mixture, squeeze over lemon juice, arrange on 2 plates, and liberally garnish with parsley.



Borscht with Green Salad 18
Pesto Chicken Salad Sandwich 21
Gambas Ajillo with Pesto Salad 22
Avoglemono Soup with Salad 24
Caesar Salad with Garlic-Poached Chicken 27
Cold Poached Salmon with Caper Paleo Mayonnaise and Salad 28
Cuban Pork Chops with Green Salad 31

Lunch

Borscht with Green Salad

preparation **15** minutes | *cooking* **40** minutes | *servings* **4**

This beet soup can be served hot or chilled. (Try it hot the first time, and enjoy it chilled if you have any left over.) You can substitute parsnips or celeriac in place of the carrots, if you'd like. Serve the borscht with a crunchy, refreshing green salad.

BORSCHT

1 Tablespoon traditional fat of choice

1 yellow onion, coarsely chopped

4 garlic cloves, peeled and smashed

1 bay leaf

4 cups beets, peeled and cubed (about 3 beets, depending on the size of beets)

1 1/2 cups peeled carrots, coarsely chopped

3 cups chicken stock*

juice of 1 lemon or 1 Tablespoon red wine vinegar

1/2 teaspoon sea salt, to taste

freshly ground black pepper, to taste

fresh chives or dill, chopped for garnish

SALAD

1 small romaine lettuce, washed and roughly chopped

1/3 cup shallot vinaigrette**

Heat the fat, onions, and garlic in the pot over medium heat for about 10 minutes, until they are softened. Add the bay leaf, beets, carrots, and stock. Stir and bring to a simmer.

Let cook at a low simmer for about 30 minutes, or until the beets are soft enough to be easily pierced with a knife. Stir in the lemon juice or red wine vinegar and salt and pepper.

You can serve without puréeing if preferred. Or, use an immersion blender to purée the soup, or even just to purée halfway for a different texture. Garnish with fresh herbs.

Toss the romaine with vinaigrette and divide into two servings.

*see recipe on page 78

**see recipe on page 80

INGREDIENT TIP: *fun facts about borscht*

The two main variants of borscht are generally referred to as hot and cold.

Hot borscht, the kind most popular in the majority of cultures, is a hearty soup. It usually contains heavy starchy vegetables including potatoes and beets, but may also contain carrots and peppers.

Cold borscht is also served in many different culinary traditions. Usually after cooling down, sour cream, soured milk, kefir, or yogurt is added, giving the soup a rich pink color.





Pesto Chicken Salad Sandwich

preparation **10** minutes | *cooking* **30** minutes | *servings* **3**

Add pesto to chicken salad to punch up the flavor. Use Portobello mushroom caps in place of bread slices for a sandwich that's anything but ordinary.

PESTO (MAKES 1/2 CUP)

3 Tablespoons pine nuts

1 cup packed basil leaves

1/4 cup olive oil

generous pinch of sea salt

SANDWICH

2 6-ounce chicken breasts

1 Tablespoon sea salt

6 Tablespoons traditional fat of choice (1 per mushroom cap)

6 Portobello mushroom caps

2 stalks celery, chopped

1 Tablespoon shallot or red onion, minced

1/4 cup Paleo mayonnaise*

tomato slices, romaine lettuce, or other sandwich toppings (optional)

Make the pesto: Combine pine nuts and basil leaves in a food processor or blender and pulse until well-combined. With the machine still running, pour in olive oil until mixture is smooth. Season to taste. You can also make pesto by hand, using a mortar and pestle to grind the pine nuts and basil, and then whisk in the olive oil.

Poach the chicken breasts: Place in a pan with 1 Tablespoon salt and enough water to cover them completely. Over high heat, bring water to a boil, then reduce to a simmer, cover, and cook steadily for about 15 minutes. Remove the breasts to a plate and let cool, patting them dry. When they are completely cool, use two forks to shred the meat. Set aside. (This step can be done in advance.)

Prepare the mushroom caps: Heat a skillet over medium heat with 1 Tablespoon fat per mushroom cap. Depending on the size of the skillet, the mushrooms may need to be done in batches. When the pan is hot, add the mushrooms to the pan, top side up. Cook for 5 minutes. Flip with tongs and cook for 5 minutes, top side down. Remove from pan and allow the mushrooms to cool and drain on paper towels top side up, as they will be a bit soggy at first. Set aside until ready to assemble sandwiches.

Make the pesto chicken salad: Place the celery, shallot, 1/2 cup of pesto, and 1/4 cup of Paleo mayonnaise in a mixing bowl. Add the shredded chicken and combine thoroughly.

Assemble the sandwiches: Place a Portobello mushroom cap top side down. Top with a generous serving of pesto chicken salad. Add lettuce and tomato or any other sliced vegetables, and top with the second mushroom cap. Press firmly together and serve.

*see recipe on page 79

Gambas Ajillo with Pesto Salad

preparation **15** minutes | *cooking* **5** minutes | *servings* **2**

Gambas Ajillo, a Spanish tapas classic, becomes a complete lunch when accompanied by a salad with pesto dressing. A great flavorful combo! Shrimp and garlic cook very quickly in a hot pan, so the cooking time on this dish is minimal.

PESTO SALAD

1 head lettuce of choice, washed

1 cup fresh basil leaves

3 Tablespoons pine nuts

1 clove garlic, peeled and crushed

1/2 cup olive oil

3 Tablespoons freshly squeezed lemon juice (about 1 to 1 1/2 lemon)

pinch of sea salt and pepper

GAMBAS AJILLO

2 Tablespoons olive oil or traditional fat of choice

1/8 teaspoon spicy red chili flakes (more, less, or omit to taste)

1 to 2 cloves garlic, thinly sliced

1/2 pounds of prawns, fresh or thawed (I use 15 large 26/30 shrimp)

1/2 lemon

Spanish paprika

2 to 3 Tablespoons fresh chopped parsley

For the salad, wash and dry lettuce. Place pesto dressing ingredients in a blender and blend until smooth. Set aside.

Heat the oil or fat in a skillet to medium heat. Add the chili flakes and allow them to flavor the oil for 1 minute. Add the garlic and then place the shrimp in a single layer in the pan. Cook the shrimp for 3 minutes total (1-2 minutes per side). Halfway through, use tongs to flip shrimp and stir around garlic. When shrimp has turned pink, remove them from the skillet to a plate, and drizzle with the garlic and chili-flavored oil. To garnish, squeeze 1/2 lemon over the shrimp. Sprinkle paprika and then parsley over the top.

While the shrimp is cooking, add salad dressing and lettuce to a mixing bowl and toss. Arrange shrimp and salad on 2 plates and serve.

INGREDIENT TIP: *what do the numbers mean for shrimp?*

Known as the "count," this consistent and reliable number tells you the size of the shrimp based on the number of individual shrimp in 1 pound. For example, when you buy 1 pound of 21/25 count shrimp, you can expect to get 21 to 25 shrimp. The smaller the numbers, the bigger the shrimp.



Avoglemono Soup with Salad

preparation **5** minutes | *cooking* **20** minutes | *servings* **8**

Avoglemono is a traditional Greek soup that uses eggs to thicken chicken broth. This recipe, adapted from Cook's Illustrated, *replaces the traditional white rice with "riced" zucchini. Rather than grate the lemon zest, remove zest in long strips with a vegetable peeler. (The strips will be removed from the soup before serving.)*

AVOGLEMONO SOUP

8 cups chicken stock*

strips of lemon zest from 2 lemons (removed with vegetable peeler)

2 whole cloves

2 eggs plus 2 egg yolks (preferably free-range, organic) at room temperature, if possible

juice from 2 lemons

1 zucchini, finely chopped or riced with a grater

1 teaspoon sea salt

scallions, thinly sliced for garnish

THE SALAD

2 heads of romaine, washed and coarsely torn

1 cup shallot vinaigrette**

Bring chicken stock to a simmer in a large stock pot. Add lemon zest strips, cloves, and a pinch of salt. Allow to simmer for 10 minutes. Remove the lemon zest and cloves from the pot.

Tempering will be used to gradually raise the temperature of the eggs so that they don't cook too quickly and become scrambled eggs. To temper the eggs, first beat them lightly with the lemon juice. Include both the whole eggs and the egg yolks. Then, slowly whisk in 3/4 cup of the hot broth. Doing so gradually will result in a very smooth texture. Add the egg and broth mixture back to the soup pot.

Add zucchini and reduce heat to very low. Stir the soup constantly for about 5 minutes, not allowing soup to reach the heat of a simmer or boil. Remove from heat and serve warm with garnish of scallions. This soup does not reheat well, so serve immediately (and don't plan for leftovers).

Toss romaine with vinaigrette in a large bowl and serve on the side.

*see recipe on page 78

** see recipe on page 80





Caesar Salad with Garlic-Poached Chicken

preparation **10** minutes | *cooking* **20** minutes | *servings* **2**

A great Paleo Caesar salad maintains all the original ingredients except the Parmesan and croutons: the garlic, egg, lemon juice, anchovies, and romaine lettuce remain delicious elements of the dish, and extra vegetables can be added for even more flavor and crunch.

GARLIC POACHED CHICKEN

2 6-ounce boneless, skinless chicken fillets

4 garlic cloves, peeled and crushed

1 heaping teaspoon sea salt

1 Tablespoon dried oregano

CAESAR SALAD

2 eggs yolks (preferably organic, free range)

2 Tablespoons lemon juice

1 Tablespoon Dijon mustard

1 Tablespoon minced anchovy fillets

1/2 cup extra virgin olive oil

3 garlic cloves, pressed through a garlic press or minced

Sea salt and freshly ground black pepper, to taste

romaine lettuce, washed and torn into bite-sized pieces

zest of 1 lemon

Place chicken, garlic, salt, and oregano in a pot, fill with enough water to cover the chicken. Over high heat, bring water to a boil, then reduce to a simmer, cover, and cook steadily for about 15 minutes. Remove the chicken, let cool and thinly slice lengthwise.

Place the romaine leaves in a large bowl or platter. Put egg yolks, lemon juice, mustard, and minced anchovy in a mixing bowl and whisk until combined.

Using the same emulsification process that is used to make mayonnaise, very slowly add the olive oil while whisking constantly. Add oil slowly and in a thin stream, whisking for a long time until consistency becomes thicker like that of mayonnaise. Use more olive oil if necessary. (You can experiment with this process with a food processor or blender as well, which would save some time.) Mix in the minced or pressed garlic, and whisk further to combine. Season with salt and pepper.

Pour dressing over the romaine, add lemon zest and toss to combine. Arrange the chicken slices on top and serve.

Cold Poached Salmon with Caper Paleo Mayonnaise and Salad

preparation **5** minutes | *cooking* **20** minutes | *servings* **8**

POACHED SALMON

2 6-ounce skin-on salmon fillets (preferably wild-caught)

1 carrot, peeled and finely chopped

1 small onion, peeled and cut into quarters

2 whole cloves

1 small fresh bay leaf

1 small sprig fresh thyme

1 Tablespoon sea salt

4 whole black peppercorns

3 Tablespoons apple cider vinegar

6 cups water

CAPER PALEO MAYONNAISE

1 1/2 cups Paleo mayonnaise*

4 Tablespoons capers, well-drained

1 teaspoon shallot, very finely minced

SALAD

Mixed greens (micro greens work best in this recipe), washed and dried, the more colorful the better

Salmon lends itself to poaching quite well, as it holds together and remains firm, especially if it's wild-caught. Poach the fillets with the skin on (descaled, of course); the skin can easily be removed after poaching.

Poached Salmon: Place all ingredients except for salmon in a non-reactive pan. Simmer for 30 minutes and strain cooking liquid through a sieve. Return the liquid to the pot and add the salmon skin side down. Poach for 10 minutes. Remove salmon and let cool. Remove skin. The cooking liquid can be kept and used as a very light fish stock.

Caper Paleo Mayonnaise: Mix together the Paleo mayonnaise, capers (add more for a stronger taste), and minced shallots until thoroughly combined.

Arrange the salmon, mayonnaise, and mixed greens on two plates, and serve.

Note: It's very important to cook this dish in a non-reactive pan, such as stainless steel, because the vinegar in this recipe will react with metals like aluminum, giving your food a metallic taste.

*see recipe on page 79





Cuban Pork Chops with Green Salad

preparation **10** minutes | *cooking* **30** minutes | *servings* **2**

These delectable, tangy pork chops, with their distinctly citrus flavor, are called chuletas de puerco in Cuba.

PORK CHOPS

2 8-ounce pork chops
1/4 cup orange juice
1 teaspoon orange zest
juice of 1/2 lime
1 teaspoon lime zest
1 to 2 garlic cloves, finely minced
1/2 teaspoon dried oregano
1/4 teaspoon cumin powder
sea salt, to taste
freshly ground black pepper, to taste
2 Tablespoons lard*
2 onions, thinly sliced

SALAD

1/4 cup extra virgin olive oil
2 Tablespoons lemon juice
1/4 cup packed cilantro
1/4 teaspoon sea salt, to taste
Freshly ground black pepper, to taste
mixed salad greens (enough to serve on two side plates)

Add orange juice and zest, lime juice and zest, garlic, oregano, cumin, salt, and pepper to a shallow dish. Place the pork chops in and mix well, cover, and marinate in the refrigerator for 30 minutes. Turn the chops over halfway through marinating time to flavor both sides.

Heat 1 Tablespoon of lard in a skillet over medium heat. Shake as much of the marinade as possible off of the pork chops, but reserve all the marinade, which will be used during cooking. Pat the pork chops dry with paper towel and brown them for 2-3 minutes per side. Transfer them to a plate. If you don't achieve much browning, don't worry as they will be topped by onions when served. Add the second Tablespoon of lard to the pan and lower the heat to medium-low. Add the sliced onions to the pan and cook for about 10 minutes, until they have softened to your liking. Stir them around every few minutes during this cooking time. Add all the reserved marinade to the pan and reduce the heat to low. Nestle the pork chops down into the pan. Be sure to add any juices that have accumulated on the plate as well. Place the lid on the pan and cook until the internal temperature of the pork is 145 degrees. For thinner (1/2-inch) boneless chops, this will take about 6 minutes. For thicker (1-inch) bone-in chops, check them after 10 minutes.

In a mixing bowl, whisk together olive oil, lemon juice, cilantro, salt, and pepper.

Add greens and lightly toss to coat; divide between two salad plates. Transfer each pork chop to a plate and allow to rest for 5 minutes before spooning the onions over the top and serving.

*see recipe on page 77



Dinner

Hungarian Goulash 34
Paleo Hazelnut-Crusted Halibut 36
Roast Chicken 39
Oven-Baked Tangy BBQ Pork Spare Ribs 40
West African Chicken Stew 43
Mexican-Style Ground Beef, Kale, and Sweet Potato Casserole 44
Paleo Navarin of Lamb (Braised Lamb with Turnips) 46

Hungarian Goulash

preparation **10** minutes | *cooking* **2*** hours | *servings* **6**

3 pounds chuck meat, trimmed of external fat and cut into 1 to 1 1/2-inch cubes

3 Tablespoons lard**

3 yellow onions, chopped

6 cloves garlic, minced

5 Tablespoons Hungarian sweet paprika

1 1/2 teaspoons caraway seeds

2 Tablespoons tomato paste

3 cups beef bone broth/stock***

one bay leaf

2 red bell peppers, stemmed, seeded, and chopped

sea salt and freshly ground pepper

fresh parsley, chopped for garnish

In its traditional form, goulash is a wonderful stew in which beef chuck and onions are browned in lard and cooked with paprika and stock. Other ingredients, such as garlic, potatoes, tomatoes, and bell peppers. Spices are often added to the basic recipe. Originally goulash dates back several centuries before the arrival of tomatoes in Europe from the Americas, so they are not traditionally necessary, but are commonly found in today's versions of goulash.

Heat 2 Tablespoons lard in large, heavy stockpot or Dutch oven over medium heat. When oil is hot, add the beef and cook, stirring to brown all sides, until cubes are well-browned, about 10 minutes. Remove beef to a bowl or plate and set aside. Do not clean pot.

Add 1 Tablespoon of lard to the pot. When lard has melted, add the onions and a pinch of salt. Cook the onions, stirring until softened (just over 5 minutes should do), and scraping the bottom of the pan to incorporate any browned bits of beef. Stir in the garlic. Add the paprika, caraway seeds, tomato paste, and broth. Stir well and continue to scrape browned bits from the bottom of the pan. Add the beef back into the pot along with bay leaf.

Bring stew to a low simmer and stir meat so that it is covered with the liquid. Cook for 1 hour and 20 minutes. Add red bell pepper, stir, and cook for an additional 40 minutes. Remove pot from heat and let rest for 10 minutes. Discard bay leaf. Season to taste with salt and pepper. Serve garnished with parsley.

** largely unattended*

*** see recipe on page 77*

**** see recipe on page 76*





Paleo Hazelnut-Crusted Halibut

preparation **10** minutes | *cooking* **15** minutes | *servings* **2**

1 Tablespoon traditional fat of choice

sea salt, to taste (remember that the mayonnaise already has salt in it)

white pepper

2 8-ounce halibut fillets

1 cup Paleo mayonnaise*

1 1/2 cups hazelnuts, very finely chopped

juice of 1 lemon

fresh chives, chopped to garnish

1 large cucumber, very thinly sliced

Baking fish (or chicken) with mayonnaise works incredibly well. The mayonnaise keeps the fish wonderfully tender, and the egg yolks in the mayonnaise act as a binding agent for the chopped hazelnuts, creating a nice crust.

Preheat oven to 375 degrees. Grease an oven-proof glass baking dish with the fat. Salt and pepper the fillets and thoroughly coat with mayonnaise. Roll the fillets in the hazelnuts and place in baking dish. Bake for 15 minutes or until the fish flakes easily with a fork. Keep a close eye while baking, as the hazelnuts can burn easily. If necessary, drop the temperature to 350 degrees. Remove the fillets to 2 plates, squeeze the lemon juice over them, and garnish with snipped chives. Arrange the sliced cucumber on the side.

*see recipe on page 79

PALEO TIP: *why make your own mayonnaise?*

You may have thought the reason why most mayo was unhealthy was because of the amount of fat it contained. You may have even bought "light" mayo in the past, thinking you were doing your waistline a favor by cutting the fat and calories you'd be getting from the real stuff.

But if you read the work of dozens of Paleo nutrition experts, you'll find that dietary fat is not only not bad for you, but can also provide great nutritional benefits such as essential nutrients and anti-inflammatory effects. However, this doesn't mean you can eat any old fat and hope to reap the benefits.

While naturally found fats like lard, tallow, olive oil, and coconut oil are some of the healthiest foods you can eat, industrially produced fats like canola oil, corn oil, soybean oil, and other vegetable oils are highly processed and full of polyunsaturated omega-6 fats, which are associated with an increase in all inflammatory diseases—which is to say virtually all diseases. This includes heart disease, cancer, IBS and IBD, obesity, diabetes, and more.

Unfortunately, due to the unfounded fear of saturated fat in this country, these are precisely the types of fats found in nearly all processed foods and restaurant foods, and they're ruining our nation's health. Not only are they high in inflammatory omega-6's, but the processing they undergo causes them to become damaged, in turn allowing them to damage your cells when you eat them. It's safe to say that one of the primary benefits of a Paleo diet is the elimination of all refined industrial oils and their replacement with the healthy saturated and monounsaturated fats found naturally in our food.

So as you can see, you should prioritize avoiding polyunsaturated fats as much as possible. And unlike the store-bought variety, our recipe for Paleo mayo doesn't contain these unhealthy fats. Even if a supermarket brand says they use olive oil in their mayo, these recipes are still made using mostly inflammatory vegetable oil, with a little olive oil thrown in for marketing purposes. Store-bought mayo also rarely (if ever) uses high-quality organic and/or pasture-raised eggs. And homemade mayo made from healthy oils tastes so much better than the store bought stuff anyway, so it's a win-win!

You can use any flavorless, traditional oil to make this mayo. Most Paleo recipes call for macadamia nut oil or avocado oil (like we have in this eBook), while others use bacon fat to produce an extra-decadent mayo. It's unusual to use only olive oil in a mayo recipe due to the oil's strong taste, but if you like the taste of olive oil you can mix in a little for a more earthy flavor.

You may find that once you make your own mayo, you won't even be tempted to go back to the store-bought variety!





Roast Chicken

preparation **15** minutes | *cooking* **2.75*** hours | *servings* **4****

1 large roasting chicken, pastured (at least 4 pounds)

STUFFING

2 yellow onions, cut into quarters

2 medium-sized carrots, peeled and chopped into small pieces

2 celery stalks with leaves, chopped

1 small bunch fresh parsley

3 sprigs fresh thyme

2 fresh bay leaves (3 if using dried)

2 cloves (optional)

1/2 teaspoon freshly ground black pepper

3 Tablespoons lard***, melted

Two meals in one! This recipe has a dual purpose: the first, a roast chicken with vegetable stuffing, rich in aroma and taste; the second, all the makings for an excellent stock, ready to go. Because the chicken is stuffed, use a meat thermometer to check the temperature.

The Roast Chicken:
Preheat oven to 350 degrees. Rub the inside (cavity) of the chicken with 1 1/2 teaspoons salt. Mix all stuffing ingredients together and stuff the chicken. Place in roasting pan, pour over the melted lard, sprinkle with 1 teaspoon salt, and roast for 20 minutes. Remove from oven, cover the top of the chicken (breasts) with aluminum foil, and return to oven.

Roast 20 minutes per pound, plus 15 additional minutes for the stuffing. The internal temperature of the chicken should be 165 degrees at its thickest part, when done. Remove chicken from oven, carve and reserve stuffing for the stock. The chicken can be used for salads, soups, served cold with mayonnaise on the side, and in fact any dishes that call for pre-cooked chicken.

The Stock:
Add 1 cup of water to the roasting pan and heat over stove-top to dilute the roasting juices and deglaze the pan, scraping the bottom as it comes to a boil. Mix this with all the stuffing, bones (chopped) and scraps. Place in a pot, pour over enough water to cover, and simmer for 45 minutes. Taste for salt, strain and that's it. You have a rich chicken stock ready for later use.

** the chicken 2 hours, the stock 45 minutes*
*** serves 4 for the roast chicken and stuffing; approx. 1 quart for the stock*
**** see recipe on page 77*

Oven-Baked Tangy BBQ Pork Spare Ribs

preparation **30** minutes | *cooking* **3-3.5** hours | *servings* **2-4**

- 2 to 3 pounds pork spare ribs
- sea salt and freshly ground pepper
- 2 Tablespoons lard or traditional fat of choice
- 1 cup onion, minced (1 small onion or 1/2 large onion)
- 1 rib celery, minced, about 1/2 cup or a bit more
- 6 cloves garlic, peeled, smashed, and minced (or pressed)
- 7-ounce jar of tomato paste (about 3/4 cup)
- 1/3 cup apple cider vinegar
- 2 Tablespoons lemon juice, freshly squeezed
- 1 teaspoon ground cumin
- 1/2 teaspoon ground mustard
- 1/4 teaspoon chili powder
- 1/4 teaspoon paprika (smoked paprika if you have it)
- 1/4 teaspoon sea salt

We've substituted the ketchup you usually find in barbecue sauce for tomato paste (look for organic varieties in glass jars, instead of canned). You'll avoid the sugar, corn syrup, and other additives you find in most ketchup-based sauces, and the real tomato taste can't be beat. These take a few hours to cook (largely unattended), so get them going on a weekend and enjoy the aroma as they bake.

Preheat the oven to 275 degrees. Bring the spare ribs to room temperature. Lay the ribs in a baking tray, bone side down, and season the pork with salt and pepper. For the first round of cooking, put the ribs in the oven and bake them for 1 hour while making the barbecue sauce. Heat lard or fat of choice in a medium-to-large-sized saucepan over medium-low heat. Add the onions and cook for about 5 minutes. Add the celery and cook for 5 additional minutes. Both the onions and celery should be softened. Add the garlic and allow to cook for 1 minute before adding the next ingredients. Stir in the tomato paste, vinegar, lemon juice, cumin, ground mustard, chili powder, paprika, and salt. Let the mixture simmer for 10 minutes but stir it frequently during this time.

Note: If it thickens too much for your liking, you can thin out with about 1/4 cup of stock/bone broth.

When the ribs have baked for one hour, remove them from the oven, cover them thoroughly and evenly with half the barbecue sauce, and return to the oven for 1 more hour. When the second hour of cooking time is complete, remove the tray and baste the ribs with the remaining half of the barbecue sauce. Return the ribs to the oven and bake for 1 additional hour. Serve when ribs are tender, after about 3 to 3 1/2 hours total cooking time.

Note: Save leftover bones for stock! They can be mixed with beef bones for beef stock, put in with chicken stock, or can be made into pork stock with other pork bones.





West African Chicken Stew

preparation **15** minutes | *cooking* **1.5** hours | *servings* **6-8**

In this stew, you brown the chicken and then stew it on the bone. You can serve with the bones, but this gets messy, so before serving I prefer to remove the meat from the pot, shred it, and return it (boneless) to the stew. Why stew with the bones at all? Because they add a ton of flavor—and nutrients—to the stew.

4 uncooked chicken legs with thighs attached, or 4 equivalent-sized chicken pieces

2 Tablespoons traditional fat of choice

1 large or 2 small yellow onions, chopped

1 teaspoon fresh ginger, peeled and minced

3 large or 6 small garlic cloves, crushed and minced

1 pound red bell peppers, seeded and chopped into bite-sized chunks (3 small to medium or 2 large)

1 pound sweet potatoes, peeled and cut in 1-inch chunks

2 1/2 cups chicken stock*

2 cups crushed tomatoes

1/2 cup almond butter

1/2 teaspoon ground coriander

1/2 teaspoon ground cinnamon

1 teaspoon ground cumin

1/2 teaspoon sea salt

one minced fresh chili or 1/2 teaspoon chili powder *(optional: if you want heat in the final dish)*

2 Tablespoons cilantro, coarsely chopped

Salt the chicken pieces well. Heat the fat in a large soup pot set over medium-high heat and brown the chicken; you may need to do this in batches so that you don't crowd the pot. Set the chicken pieces aside as they brown. Sauté the onions in same fat for 3-4 minutes, stirring often and scraping any browned bits off the bottom of the pot. Add the ginger and garlic and sauté another 1-2 minutes, then add the bell peppers and sweet potatoes. Add the chicken, chicken stock, crushed tomatoes, almond butter, coriander, cinnamon, cumin, and stir well to combine. Bring to a simmer and taste for salt, adding more if needed.

Cover the pot and simmer gently for 90 minutes (check after 1 hour), or until the chicken meat easily falls off the bone and the sweet potatoes are tender. (At this point you can remove the chicken pieces, let them cool slightly, and remove the meat from the bone; discard the skin or chop it and return to the pot, along with the shredded chicken meat.)

Adjust the seasonings for salt; then add as much black pepper as you think you can stand—the stew should be peppery. You can also add the optional chili or chili powder at this stage. Stir in the cilantro and serve.

*see recipe on page 78



Mexican-Style Ground Beef, Kale, and Sweet Potato Casserole

preparation **15** minutes | *cooking* **1** hour | *servings* **4**

This casserole features a pleasing combination of spices, but they won't overwhelm the flavors of the kale and sweet potato. It can be prepared in advance and freezes well. To reheat, cover with aluminum foil and place in a 350 degree oven for about 30 minutes. All three cooking phases of this recipe call for some salt, but go easy to avoid oversalting—you can always add more salt later when the dish is finished.

BEEF

2 Tablespoons lard* + 1 Tablespoon, melted
1 1/2 pounds ground beef
1 large onion, finely chopped
3 garlic cloves, peeled and coarsely chopped
13.5-ounce can plum tomatoes, drained and chopped
3 Tablespoons paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon chili flakes
1 1/2 teaspoons sea salt
1/2 teaspoon freshly ground black pepper
3 Tablespoons almond slivers (optional)

Preheat the oven to 350 degrees. Grease a baking dish with 1 Tablespoon of melted lard and set aside.

SWEET POTATOES

1 1/2 pounds sweet potatoes, peeled and coarsely chopped
sea salt, to taste

KALE

1 cup coconut milk
2 pounds kale, washed and roughly chopped
sea salt to taste
freshly ground black pepper

The Ground Beef:
Heat 2 Tablespoons lard in a sauté pan over medium heat. Add ground beef and onions, and cook until browned. Add all other ingredients (except almond slivers). Continue to cook until most of the liquid in the mixture has been reduced (about 15 minutes). Remove mixture from pan and set aside.

The Sweet Potatoes:
While the beef is cooking, place chopped sweet potatoes in a pot with enough water to cover and cook until soft (about 10 minutes). Drain and mash. Add salt to taste.

The Kale:
Add coconut milk to the sauté pan that the ground beef was cooked in and bring to a boil. Add kale, salt, and pepper, and cook for 2 minutes. Assemble the casserole in the greased baking dish by making three layers. Layer the bottom of the dish with the sweet potato mash, then the kale, and finally the beef mixture. Sprinkle the top with almond slivers (if using). Bake for 30 minutes.

Note: All three stages in this recipe include salt. You can always add more salt later.

*see recipe on page 77

Paleo Navarin of Lamb (Braised Lamb with Turnips)

preparation **15** minutes | *cooking* **1.5** hours | *servings* **4**

- **2 Tablespoons lard, melted***
- **2 1/2 pounds lamb shoulder, boned and cut into large cubes**
- **2 pounds medium turnips, peeled and cut in half**
- **4 cups to 1 quart beef bone broth/stock****
- **2 medium carrots, peeled and cut into 4 pieces each**
- **1 large onion, peeled and cut into 8 pieces**
- **2 garlic cloves, peeled and chopped**
- **1 bay leaf**
- **1 Tablespoon fresh thyme**
- **2 teaspoons sea salt, to taste**
- **1/2 teaspoon freshly ground black pepper**
- **pinch of cinnamon (optional)**
- **parsley, chopped to garnish**

The French word navarin comes from navet, which is a turnip. Although meat often takes center stage in hearty recipes like this one, here the humble turnip is as much of a star as the lamb shoulder. This Paleo version excludes the traditional green peas.

Melt the lard in a heavy-bottomed pot or Dutch oven, add lamb and cook at a medium-high heat until well-browned. Add bacon and continue to cook 10 minutes, scraping bottom of pan to prevent sticking. Add remaining ingredients (except parsley), with enough beef stock to cover. Stir well and scrape bottom of pan to incorporate any browned bits of bacon and lamb. Simmer, covered, at a low heat for 45 minutes to an hour. Remove lid and continue to cook for 15 minutes. Serve garnished with parsley.

*see recipe for lard on page 77
**see recipe for lard on page 76

TECHNIQUE TIP: *how to prepare lamb shoulder*

Also sold as square-cut shoulder, this less expensive cut tends to be tougher and a bit chewier than the leg. But if the lamb is young, it will be succulent and tasty after cooking. A boneless shoulder is easier to carve, but you can also remove the bone yourself.

To start, place the lamb shoulder on a clean cutting board with the fatty side down. Slice into the lamb shoulder along both sides of the blade bone with a boning knife (or any thin sharp knife). Slice through the ball and socket at the end of the blade bone.

Hold the rest of the lamb shoulder down and firmly pull the blade bone up and out of the meat. Carefully wedge the knife between the shoulder bone and meat and scrape it away from the blade bone until you can easily remove it.



Boiled Yuca with Mojo 50
Celeriac and Rutabaga Purée 52
Creamed Collard Greens 53
Fennel and Celery Salad 55
Cabbage Bhaji 56
Butternut Squash with Herbs 57
Sweet Potato Fries 58

Side Dishes

Boiled Yuca with Mojo

preparation **10** minutes | *cooking* **1.5** hours | *servings* **4**

- **3 pounds yuca, peeled and cut into 2-inch pieces**
- **4 medium cloves of garlic, peeled and put through a garlic press, or crushed with the salt in a mortar and pestle**
- **1/2 teaspoon sea salt**
- **1/2 teaspoon ground cumin**
- **3 Tablespoons freshly squeezed orange juice (about 1/2 orange)**
- **3 Tablespoons freshly squeezed lime juice (about 1 lime)**
- **1/3 cup olive oil or lard**
- **chopped parsley, oregano, or cilantro for garnish (optional)**

Yuca, also known as cassava, is a pre-Columbian staple of the Caribbean, and today in Cuba this recipe is traditionally served on the holiday of Nochebuena (Christmas Eve) along with roast pig. To peel yuca, cut off one end to create a flat, round base. Then stand it up on the base on a cutting board for stability and peel. Some Cuban cooks like to "shock" the yuca during the cooking process by adding cold water to the pot, bringing the yuca back to a gentle boil again, for better flavor.

Peel the yuca and cut in half. The yuca should be firm and white inside; if not, cut out the center part as if you were coring a cabbage. Then cut into 2-inch chunks. Place the yuca in a large pot with enough water to cover it by a few inches. Bring to a gently rolling boil. Gently boil the yuca for 50–60 minutes, until it is cooked through. Drain and place in a serving dish. While yuca is boiling, make the mojo, or garlic sour sauce. Mix the garlic, salt, cumin, orange juice, and lime juice in a small mixing bowl. If using olive oil, add to the bowl and set aside. If using lard, mix all the ingredients minus the lard in the small bowl. In a small saucepan, heat the lard over low heat.

While yuca is still hot, pour the olive oil mojo over the top. If using lard, place the garlic and seasonings mixture on top of the yuca, and then pour the warmed lard over the top. Serve hot. Garnish with a freshly chopped herb sprinkled on top if you'd like.

INGREDIENT TIP: *what the heck is yuca?*

Yuca is an extensively grown tropical vegetable that has other common names that you may recognize, such as cassava or tapioca.

The yuca root can be roasted, boiled, and fried. Because it is starchy and high in carbohydrates, it can be used as a substitute for potatoes.

When buying yuca (cassava) roots, look for firm roots, with no soft spots. Also, if possible, buy whole roots that have not had their ends removed.





Celeriac and Rutabaga Purée

preparation **5** minutes | *cooking* **20** minutes | *servings* **4**

- 1 celeriac
- 1 rutabaga
- sea salt and freshly ground pepper
- 3 Tablespoons traditional fat of choice
- 1 cup coconut milk

This is a quick preparation that highlights the delicious flavor of these two root vegetables. The rutabaga adds a yellow color and the celeriac, often sold as celery root, has a hint of zesty celery flavor.

Peel both the celeriac and rutabaga: use a chef's knife to peel and cut away only the outer 1/4 inch or so of both root vegetables. Rinse each well after peeling. Cut both into 1-inch cubes. Place the cubes in a pot and add enough water to cover. Add salt and bring to a boil. Reduce to a simmer. Cook for about 20 minutes, until easily pierced with a fork and very tender. Drain the vegetables.

In a saucepan, gently heat the fat and coconut milk until melted. Transfer root vegetables to a bowl, add the sauce, and mash well with a potato masher. This will give a lumpy consistency. For a very smooth texture, transfer to a blender or food processor and purée as desired. Season with salt and pepper and serve.



Creamed Collard Greens

preparation **5** minutes | *cooking* **10** minutes | *servings* **2**

- 1 Tablespoon lard*, melted
- 1 pound collard greens, washed and cut into large pieces
- 1 cup coconut milk
- 1 Tablespoon coconut aminos
- pinch of nutmeg
- sea salt and freshly ground pepper, to taste
- Hazelnuts, roasted and chopped for garnish (optional)

Because of its creamy consistency, this dish is best served with simple roasted meats or chicken. With the addition of 1 quart of stock, it can also be used as a quick soup.

Melt lard in the sauté pan and add all ingredients except optional hazelnuts. Cook at medium-high heat for 10 minutes or until most of the liquid has been reduced. Adjust for salt. Garnish with chopped hazelnuts (if using).

* see recipe on page 77

INGREDIENT TIP: *why use coconut aminos?*

"Coconut aminos" is a product made from aged raw coconut sap, and is a natural alternative to soy sauce that is gluten- and soy-free, allowing it to be enjoyed by many people with allergies and sensitivities to wheat and/or soy. Coconut aminos has a salty flavor with a slightly sweet aftertaste, and is a great replacement for a variety of Asian dishes that typically call for soy sauce. You can find coconut aminos at health food stores like WholeFoods, or online.



- 1 fennel bulb
- 6 celery ribs, sliced on an angle
- 1/2 cup fresh parsley, chopped
- 1/4 cup good-quality olive oil
- 2 Tablespoons freshly squeezed lemon juice
- sea salt and freshly ground pepper, to taste

Fennel and Celery Salad

preparation **10** minutes | *servings* **4**

A crunchy green side dish that brings freshness to the table.

Core the fennel and cut it into quarters, then very thinly slice. Toss the fennel, celery, and parsley in a mixing bowl. Whisk together olive oil, lemon, salt, and pepper for a dressing and toss with fennel celery mixture. If you'd like to experiment with texture, try sprinkling with a pinch of fennel seed and/or celery seed before serving.

TECHNIQUE TIP: *how to slice fennel thinly*

Mandolines are used for evenly slicing fruits and vegetables into varying sizes and textures as an alternative to manually chopping food with a knife.

With a mandoline, you can create paper-thin slices of vegetables that make for a very quick and delicious salad. A mandolin can make raw fennel bulb slices delicious and less "bitey" when eaten raw.

Just be sure to use the handguard piece to make the process safer and to avoid cuts and finger slices!



Cabbage Bhaji

preparation **5** minutes | *cooking* **15** minutes | *servings* **2**

- **2 Tablespoons coconut oil or traditional fat of choice**
- **1 medium head of savoy cabbage, coarsely chopped (about 1 1/2 pounds)**
- **1 1/2 teaspoons black mustard seeds**
- **1/4 teaspoon turmeric**
- **1/4 teaspoon red chili flakes**
- **cilantro, chopped for garnish**

This cabbage side dish contains mustard seeds cooked in a tempering oil, to allow their flavor to literally pop into the dish.

Heat the 2 Tablespoons oil or fat of choice over medium heat. First, create what is called a tarka or tempering oil in Indian cooking, which means to add whole (or ground) spices to hot oil to allow their flavor to burst through. In this case, add the whole black mustard seeds, and stir for 1 minute, until they splutter. It is important when using the tempering oil technique not to let the spices burn.

Remove from heat and stir in the turmeric and red chili flakes. Reduce heat to medium-low and stir in cabbage. Add 1 Tablespoon or more of water to the pan to prevent the cabbage from sticking to the bottom. Cover and allow cabbage to steam until cooked, for about 10 minutes, stirring occasionally. Add another Tablespoon or so of water halfway through cooking time, if necessary. Garnish with cilantro and serve.

Butternut Squash with Herbs

preparation **5** minutes | *cooking* **30** minutes | *servings* **6**

- **1 medium to large butternut squash, peeled, seeded, and cut into cubes (about 6 cups)**
- **1/4 cup traditional fat of choice**
- **cloves from one head of garlic, peeled but left whole**
- **sea salt, to taste (start with about 1 teaspoon)**
- **1/2 cup fresh herb of choice, such as rosemary or thyme (or 2 Tablespoons dried, if fresh is not available)**

This simple and delicious side dish will make you think "Thanksgiving," but enjoy it whenever butternut squash is in season. I like to prepare this with melted lard as my traditional fat of choice.

Preheat oven to 350. Toss the squash and peeled garlic cloves with the fat, coating everything well. Place in a lightly greased baking dish, spread in an even layer, and roast for 30 minutes, stirring halfway through. Remove from oven and add salt and herbs, lightly stirring to mix.

Return baking dish to oven and cook for an additional 10-15 minutes, until squash is cooked through and garlic is roasted. Stir, serve and enjoy!

Sweet Potato Fries

preparation **5** minutes | *cooking* **30** minutes | *servings* **4**

- **3 medium sweet potatoes, washed and optionally peeled**
- **3 Tablespoons traditional fat of choice**
- **1 1/2 teaspoons paprika**
- **1 1/2 teaspoons ground cumin**
- **1/4 teaspoon cayenne (optional if you like spicy fries)**
- **around 1 Tablespoon (15 ml) sea salt, to taste**

Sweet, salty, and spicy, these are great alongside your favorite entrée or on their own for a snack. For a traditional fat of choice, coconut oil or melted lard work best.

Preheat oven to 425 degrees. Cut the sweet potatoes in half crosswise and then in half again lengthwise. Cut these chunks into thick or thin wedges, about a 1/2-inch thick. They should be uniform in size for even baking. Add the wedges, oil or melted fat, and spices to a mixing bowl and toss until the sweet potatoes are evenly coated. Transfer to a lightly greased baking dish and bake for 30 minutes. After the first 15 minutes, flip the wedges and continue to cook. When done, salt to taste.





Taro Chips with Duck Fat 62
Paleo Hummus Dip with Vegetable Sticks 64
Italian Spiced Almonds 65
Jerk Chicken 66

Snacks



Taro Chips with Duck Fat

2 pounds taro, very thinly sliced
1/2 cup duck fat, melted
sea salt and freshly ground pepper, to taste

preparation **5** minutes | *cooking* **15** minutes | *servings* **2**

Like kale chips, this snack should be as crisp as possible. The best way to achieve this is by placing the raw chips on an oven rack. Slice the taro as thinly as possible, using a mandoline slicer if you have one.

Preheat oven to 400 degrees. In a large mixing bowl, add melted duck fat to taro slices and coat well. Season with salt and pepper. Arrange slices on oven rack, or better yet, on a cooling rack, the type used for cooling cookies and cakes (make sure that the cooling rack is oven-proof). Bake for 15 minutes, or until crisp and golden brown. This may have to be done in several batches. Remove from oven and allow to cool on the rack.

PALEO TIP: *why use duck fat?*

Let me just say this, if you've never had potatoes roasted or fried in duck fat, you haven't had French fries. I mean that literally. Duck fat was what folks in Europe used to make the original French fries before industrial seed oils came along. Once you taste potatoes—or any vegetables—roasted or fried in duck fat, you'll know why. Duck fat crisps food up with a deliciously golden color and rich taste, and is perfect for creating golden-brown chips or fries.

Like lard, duck fat is high in monounsaturated fats, which make up about 50 percent of its total fat content. Monounsaturated fat, also found in foods like olive oil, avocados, and nuts, is known for its benefits in heart health; studies show that a diet high in monounsaturated fat can reduce the risk for heart disease, stroke, and even obesity and diabetes. It's one of the few fats that all nutrition experts can agree is healthy!

While duck fat is mostly used in high-end restaurants, it has become more popular recently, showing up in high-end grocery stores and even on more affordable restaurant menus. Chefs love duck fat because it can tolerate high cooking temperatures and has a long shelf life. However, duck fat has an intense flavor, so it's not a great all-purpose fat (like lard) and goes best on roasted vegetables or meat and poultry, and as a warm salad dressing.





Paleo Hummus Dip with Vegetable Sticks

preparation **15** minutes | *servings* **2**

- 2 medium zucchini, chopped
- 3/4 cup tahini
- 1/4 cup olive oil, plus extra for garnish
- 1 lemon, juiced
- 2 medium to large cloves of garlic
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 2 teaspoons fresh parsley, minced for garnish
- 1 teaspoon paprika (optional)

Zucchini is used in place of the traditional chick peas in our Paleo version of hummus, for a bean-free version of this classic dip.

Place all ingredients in a blender or food processor with the zucchini chunks on the bottom. Blend until smooth. Serve “hummus” in a bowl, top with parsley, drizzled olive oil and paprika, if using. Serve with sliced vegetables and/or green lettuce leaves.



Italian Spiced Almonds

preparation **5** minutes | *cooking* **20** minutes | *servings* **4**

- 1 cup raw unsalted almonds
- 1 teaspoon olive oil or traditional fat of choice
- 1 teaspoon fresh rosemary leaves, minced
- 1 teaspoon garlic, minced or pressed (about 2 medium cloves of garlic)
- 1/2 teaspoon onion powder
- 1 teaspoon sea salt

Feel free to substitute other nuts or combinations of nuts for this recipe.

Preheat oven to 250 degrees. Place the almonds in a bowl and mix with the 2 teaspoons oil. In a smaller bowl, mix the rosemary, garlic, onion powder, Italian seasoning, and salt. Coat the almonds with the spice mixture and toss to coat evenly.

Spread almonds in a single layer on a baking sheet and cook for 20 minutes.

Jerk Chicken Wings

preparation **10*** minutes | *cooking* **45** minutes | *servings* **2**

- 4 green onions, coarsely chopped
- 4 shallots, chopped
- 2 small habanero chili peppers, seeds removed
- 4 garlic cloves, crushed
- 1 teaspoon ginger powder
- 1/2 cup coconut oil, melted
- 1 teaspoon dried thyme
- 1/2 teaspoon allspice
- 1/2 teaspoon cinnamon
- pinch of nutmeg
- 3/4 Tablespoon sea salt, to taste
- freshly ground black pepper, to taste
- 4 Tablespoons honey (optional)
- juice of 4 limes
- 4 Tablespoons coconut vinegar
- 4 pounds chicken wings

In this recipe, we like to use the habanero variety of chili pepper.

Place the wings in a large, shallow pan for marinating. To make the marinade, place all ingredients into a blender and purée to a liquid. Pour over the wings. Work the wings into the marinade, covering completely, and if you can get some of the marinade under the skin and directly on the meat (without pulling the skin completely off), you'll achieve even more flavor. Marinate the chicken wings, covered, in the refrigerator for 24 hours. (You can reduce marinating time to 4 hours but the flavors won't be as intense.) Stir the marinade halfway through if you can.

Bring the chicken wings to room temperature for 30 minutes to an hour just prior to cooking. Preheat the oven to 375 degrees. Remove the wings from the marinade, and place in a baking dish. Roast for about 45 minutes, turning the wings and basting them with juices from the roasting pan about every 15 minutes. They are done when an instant-read thermometer inserted in the thickest part of the meat reads 160 degrees.

For browning, at the end of the cooking time, place under broiler for 3 minutes on the first side, then flip with tongs and broil for 3 minutes on the second side. Remove chicken to a plate to cool for 5 minutes and serve.

Note: When using habanero peppers or other hot chili peppers, use caution touching the marinade with bare hands and do not touch your eyes or face after touching this marinade. Some cooks use gloves for this. Even if you wash your hands well, the heat of the peppers will remain for some time.

** marinate 4-24 hours*





Berries and Coconut Whipped Cream 70
Fudge Balls 71
Ultimate Muffins 72
Coconut and Date Cookies 73

Desserts



Berries and Coconut Whipped Cream

preparation **30** minutes | *servings* **2**

The perfect dessert for the 30-Day Reset. Blueberries work especially well in this recipe.

2 cups coconut cream (the thick cream at the top of coconut milk)

1/2 cup berries of your choice (for FODMAPS, avoid blackberries)

Chill the cream. Place the cold cream in the bowl of a stand mixer, or a large bowl.

Turn your mixer or hand beaters to high speed, and whip the coconut cream for 3-5 minutes. Whip until it becomes fluffy and light, with soft peaks. Mix in vanilla, if using. Serve 1/2 cup of cream with 1/2 cup berries. The extra cream will keep in the fridge for a couple of days.



Fudge Balls

preparation **35** minutes | *servings* **8**

These little brownies can be shaped into bite-sized pieces, large or small.

6 medjool dates

1/2 cup nuts (pecans, walnuts, Brazil nuts, macadamias all work well)

2 Tablespoons almond butter (optional, if you have it available)

1/4 cup shredded coconut

1 to 2 Tablespoons cacao powder or carob (more or less, to taste)

Soak the dates in water for about 20 minutes to soften. Shake dry and remove pits. Pulse the nuts in a food processor to break them down and add the dates. Process until combined. Add remaining ingredients—the coconut can either be included in the brownie batter or used later for the outside of the balls.

After all ingredients are thoroughly combined, shape into balls (slightly smaller than the size of a golf ball is good). Roll the balls in cacao or carob powder, ground nuts, shredded coconut, or leave as is. Brownies can be eaten immediately or frozen for a firmer consistency.



Ultimate Muffins

preparation **15** minutes | *cooking* **30** minutes | *servings* **9 muffins**

1/4 cup coconut flour

1/2 teaspoon baking soda

pinch of sea salt

2 Tablespoons cinnamon

1/2 cup shredded coconut

1 cup carrots, grated (about 3 to 4 carrots)

4 eggs (preferably free-range, organic)

2 large or 3 small apples, peeled and grated, stopping at the core

1/2 teaspoon vanilla extract

1/4 cup melted lard* or melted coconut oil

3/4 cup raisins

No sweetener but fruit is used in these Paleo- and GAPS-friendly muffins.

Preheat the oven to 350 degrees. To prepare, shred carrots and apples first. Set aside. In a large bowl, pour in the dry ingredients (coconut flour, baking soda, salt, cinnamon, and shredded coconut). Mix well. Place the eggs in a separate bowl and whisk to combine the yolks and whites (about 1 minute). Mix in the vanilla extract. Stir in the grated apples and carrots and the lard/coconut oil. Mix the wet ingredients into the dry ingredients and stir well. Finally, add 3/4 cup raisins. This is a whole lot of raisins, but if you like them, you can even go up to a whole cup.

Line a muffin tin with 9 chlorine-free paper muffin liners. Most muffin tins hold 12 muffins, so there will likely be three empty spots. Fill each paper liner up to the top, or just a hair below, with the batter. Bake muffins for 30 minutes and check to make sure that a toothpick inserted into muffin comes out clean. Remove to a cooling rack and let cool for 10 minutes before serving.

** see recipe on page 77*



Coconut and Date Cookies

preparation **10*** minutes | *cooking* **30** minutes | *servings* **16 macaroons**

slightly less than 1/2 cup walnuts, soaked overnight (nuts will expand to 1/2 cup)

4 medjool dates, soaked 20 minutes, pitted, and roughly chopped (if using smaller-sized varieties of dates, use twice as many)

1/4 to 1/2 teaspoon ginger, minced, to taste

drop of vanilla extract

1 1/2 cups shredded coconut flakes

3 Tablespoons coconut cream (the thick cream at the top of coconut milk)

coconut oil, for oiling the baking dish

Dairy-free and egg-free, these cookies are still moist and flavorful!

Preheat the oven to 350 degrees. Place the walnuts, dates, ginger, and vanilla in a food processor and process until dates are fully broken down and incorporated into the nuts and ginger. Add the coconut flakes and coconut cream to the food processor and process until all ingredients are combined.

Remove batter to a bowl to mix evenly with your hands. Oil a baking dish with coconut oil. Using a measuring spoon, make 1 Tablespoon scoops in a cookie shape. These will not change shape when cooking, so what you make is what they will be! Use your fingers to make the shapes as even as you wish them to be.

Bake for 30 minutes. Enjoy!

** soak walnuts overnight*



Beef Bone Broth/Stock 76
Lard 77
Paleo Chicken Stock 78
Paleo Mayonnaise 79
Shallot Vinaigrette 80
Fish Stock 81

Basics

Beef Bone Broth/Stock

preparation **10** minutes | *cooking* **3.5** hours | *servings* **4 quarts**

- **4 pounds beef bones (preferably marrow and knuckle bones)**
- **2 onions, peeled and cut in half**
- **4 carrots, peeled and coarsely chopped**
- **2 bay leaves (preferably fresh, but dried will also work)**
- **2 teaspoons fresh thyme**
- **4 cloves**
- **4 celery ribs, chopped**
- **1 cup parsley**

This stock should be rich. The best bones to use are marrow bones combined with any other beef bones, such as knuckle bones. Any scraps of meat cooked or uncooked can also be added.

Preheat the oven to 400 degrees. Place the bones, onions, and carrots in a roasting pan and roast for 15 minutes or until very well-browned. Add 1/2 inch of water to the pan so drippings don't burn and stick to the bottom. Add everything from the roasting pan (scraping the bottom), 6 quarts of water, and all the remaining ingredients to a stockpot. Bring stockpot to a boil, reduce to low heat, and simmer, covered, for 3 hours. Strain the stock. When the stock is completely cold, pour it into 1-quart mason jars and refrigerate for later use. It should last about a week in the refrigerator; you can also freeze it in bulk or individual portions in freezer-safe plastic bags.

Lard

preparation **5** minutes | *cooking* **1+** hours | *servings* **1 quart**

- **5 pounds pork back fat, cut into 1-inch cubes**

Home-rendered lard is easy to make, particularly after you make one or two practice batches. You'll use this traditional fat in many Paleo recipes, so it's worth learning how to prepare it yourself. The trick is not to burn the lard.

Heat the pork fat in a large stockpot over medium-low heat and stir frequently for about an hour. If you use too low a heat setting, little will happen during the cooking. However, too high a heat setting will cause sticking and burning. Aim for medium-low and stir frequently; this is a slow-cooking process. Eventually, a quarter inch of rendered liquid fat will gather at the bottom of the pan and you will see the cubes start to change in color from pink to tan. Keep stirring to prevent sticking and to keep the heat even throughout the pieces. Soon the liquid will begin to accumulate to cover the cubes. Once all the cubes are submerged, stirring is no longer necessary for even cooking, but it may be necessary to prevent sticking. The fat should never smoke or come close to smoking. When the cubes have lost much of their original size and are light brown (not burned), they have turned into cracklings and you are ready to strain the lard. You can dry the cracklings on a paper towel and eat them, of course! Using care—the lard is very hot—strain the mixture through a fine-mesh strainer into a 1-quart glass jar. It should be the color of apple juice. Once the lard has cooled, cover and store in the refrigerator. When it is refrigerated and solidifies, it should be white in color. If the lard is a brown color when solid, it means the lard has burned and should not be used. It will keep for several weeks in the refrigerator.

Paleo Chicken Stock

preparation **15** minutes | *cooking* **3*** hours | *servings* **4 quarts**

- 1 3- to 4-pound chicken (preferably an old stewing hen), cut into pieces
- 4 1/2 quarts water
- 2 onions, peeled and cut in half
- 4 carrots, peeled and coarsely chopped
- 2 fresh bay leaves
- 4 sprigs fresh thyme or 1 Tablespoon dried thyme
- 4 celery ribs, cut into large pieces
- 4 cloves
- 1 bunch fresh parsley
- 2 chicken heads and/or 2 chicken feet

Chicken stock is used for everything from soups to sauces, stews, and sautéed dishes. It goes well not only with poultry but also with pork, veal, and eggs. The ingredients and preparation are simple, but it takes time. Be patient and let it simmer for several hours to bring out the full flavor of the ingredients. Adding chicken heads and/or feet to the stock makes it more gelatinous and beneficial for gut health, but it is not required.

Add all the ingredients to a large stockpot, bring to a boil, reduce the heat, and simmer, covered, for 3 hours. While still warm, strain the stock through a sieve. A wet cheesecloth can then be used to strain out all the fine particles. When the stock is at room temperature, the pot can be placed in a refrigerator for a few hours. This will cause the fat to harden on the surface. The fat can then be skimmed off and used for cooking, and it will keep for up to 1 week if refrigerated in a tightly sealed jar.

** largely unattended*

Paleo Mayonnaise

preparation **10** minutes | *servings* **2 cups**

- 2 egg yolks (preferably free-range, organic)
- 1 1/2 cups avocado or macadamia nut oil
- 1 Tablespoon Dijon mustard
- 1/2 teaspoon sea salt
- 1/8 teaspoon white pepper
- 2 Tablespoons freshly squeezed lemon juice

An essential base for many cold sauces, mayonnaise should always be served cold. Very fresh pastured/organic eggs are a must for this recipe. The oil should have a neutral taste, which is why olive oil is not recommended for basic mayonnaise.

All the ingredients and equipment must be at room temperature. Combine the egg yolks, mustard, salt, pepper, and lemon juice together in a ceramic or steel bowl (do not use glass or plastic) and whisk until smooth. (You may use a blender, but the container must be steel; a bowl is actually preferable.) While whisking, begin adding the oil in a very thin stream at first. When the mixture starts to cling to the sides of the bowl, then and only then add the remaining oil in a slow stream, whisking the whole time. (Place a folded wet dish towel beneath the bowl to prevent it from moving while you're whisking.) Fresh mayonnaise can be kept in a bowl covered with cling film in the refrigerator for up to 3 days.

Shallot Vinaigrette

preparation **10** minutes | *servings* **1 quart**

3 cups olive oil
2 shallots, roughly minced
3 Tablespoons Dijon mustard
1 1/2 teaspoons sea salt
freshly ground black pepper, to taste
1 cup apple cider vinegar

Shallots are actually more aromatic than both garlic and onions, so a little goes a long way. The quantity of vinegar used is very much a question of personal taste, so add it in stages, keeping in mind the Dijon mustard has vinegar in it as well. You don't need to use extra-virgin olive oil in this recipe, as the taste of the shallots is the priority here.

In a bowl, whisk all the ingredients except the vinegar together. Add the vinegar slowly, occasionally tasting for acidity. Pour the vinaigrette into a glass container with a lid and refrigerate. Vinaigrette will keep for at least three weeks. Before use, give it a good shake, as the oil and vinegar tend to separate.

Fish Stock

preparation **10** minutes | *cooking* **45** minutes | *servings* **4 quarts**

2 to 3 pounds fish bones and heads, preferably from white-fleshed fish
1 whole onion, peeled
3 cloves
2 fresh bay leaves
2 teaspoons fresh thyme
1 large carrot, peeled and coarsely chopped
1/2 cup packed fresh parsley
2 celery stalks, chopped
3 Tablespoons apple cider vinegar
4 1/2 quarts water
5 whole black peppercorns
1/2 teaspoon sea salt (optional—see note)

This is the standard fish stock used for many fish sauces and soups. It can also be used for poaching any seafood. In this recipe, white wine has been replaced with apple cider vinegar. This recipe specifies white-fleshed fish bones/heads—use cod or flounder, or any white fish. Oily fish such as salmon can also be used, but be aware the stock will have a stronger taste, which is why milder white-fleshed fish varieties are preferable.

Add all ingredients to a large pot (not aluminum), bring to a boil, reduce heat to a simmer, cover, and cook for 45 minutes. Strain through a sieve, and then ideally a cheesecloth. When stock is cool, fill mason jars and refrigerate.

Note: Do not add the salt unless the stock is being used for poaching fish. If you're using the stock to prepare a sauce or soup, it's better to salt those dishes specifically to taste, rather than use a pre-salted stock.

TECHNIQUE TIP: *how to find fish bones*

While you may have never sought out fish bones at the grocery store before, you'd be surprised how easy they are to find, and how inexpensive they can be. In fact, some grocery stores will give you the bones for free! Fishmongers (i.e. the fish department) typically receive whole fish that they need to prep for sale by removing the scales and deboning the whole fish.

While some grocery stores will sell these bones to consumers or restaurants, it's not uncommon for a fishmonger to give away bones for free. And even if you do have to pay for the bones, they're always cheaper than what you would pay for the flesh of the fish.

If you're uncomfortable asking for bones only, or if the fishmonger has no extra bones available, you can also purchase a whole fish and ask the fishmonger to fillet it for you and give you the bones and fillets separately. This may be the most pricey way to procure fish bones, but you'll have more control over the type of fish bones you get, allowing you to choose a fish species that is less fatty like the white-fleshed fish varieties used in this recipe.



© Copyright 2014 Chris Kresser.
All rights reserved.

Design by Pautler Design
(pautlerdesign.com)